



# New Beginnings

- Start fresh. Put last year's regrets to rest.
- Begin making small changes to impact your health and happiness.
- Create a life that makes you excited!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					Walk to a co-worker's desk instead of emailing them.	
3	4	5	6	7	8	9
	Roast veggies at 450°. for 20 minutes; Toss in 1 Tbsp olive oil, Italian spice, salt and pepper.		Try yoga, tai chi or chi gong for relaxation, balance, and agility.		Take the long way to the copier.	
10	11	12	13	14	15	16
	Purchase fruit and keep in your fridge for a quick snack.		Use aromatherapy bath salts or put essential oils in a diffuser or in jewelry to help you relax.		Take the stairs instead of the elevator.	
17	18	19	20	21	22	23
	Use romaine lettuce as a wrap for sandwiches instead of bread.		Try coloring, puzzles or board or card games		Park in the farthest parking spot.	
24	25	26	27	28	29	30
	Use raw veggie slices instead of crackers for snacks or sandwiches.		Take a nature hike, play music or enjoy time with your pets.		Try cauliflower rice or spiral steamed veggie noodles instead of pasta.	
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### EATWell

Replace a bread or carb with a vegetable and a dessert with a fruit.



### MOVEWell

For every 60 minutes you sit, get up and move for 3 minutes.



### LIVEWell

Incorporate self-care into your daily activities.

